



Air Fryer Lemon Bars

Description

When life gives you a lot of lemons, you gotta make lemon cookie slices (15 generous slices in total). They shout sunshine to me. And they were so puckering and yummy!

The desiccated coconut incorporated into the shortbread base gave a chewy texture to the treat and the lingering coconut flavor paired well with the lemon filling.

Come, letâ??s make some sunshine!

Lemon Cookie Slices 15 pieces of 5cm by 8.5cm slices

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Ingredients

Base:

- 200g sugar
- 60g desiccated coconut
- 300g organic unbleached all-purpose flour
- 200g unsalted butter, melted and cooled

Lemon filling:

- 4 eggs
- 2 egg yolks
- 400g sugar
- 50g organic unbleached all-purpose flour
- 1 Tbsp lemon zest
- 250ml lemon juice, juice from 3 medium size lemons

Instructions

For base:

1. Preheat the Airfryer to (350 degrees F). Combine sugar, desiccated coconut, flour, and butter and stir till resemble coarse crumbs.
2. Press the dough into a 25 x 25cm baking pan lined with non-stick paper. Press well into the corner and sides so that the filling will not leak down to the base when it is poured in later.
3. Bake for 20 min or till golden brown.
4. Allow it to cool on a cooling rack.
5. Reduce the Air Fryer temperature to 325 degrees F for baking the lemon filling.

For filling:

1. Air Fryer temperature at 325 degrees F. Whisk eggs and yolks, then add sugar, flour, lemon zest, and lemon juice. Whisk till smooth.
2. Pour lemon mixture carefully over the cooled cookie base and bake for 20 min or till the mixture is just set (the center of the filling still has a little jiggle).
3. Cool on a cooling rack and refrigerate for 2 hours or overnight till firm. Dust with icing sugar before serving.

Amount Per Serving

- CALORIES: 37
- TOTAL FAT: 3g
- SATURATED FAT: 0g
- TRANS FAT: 0g
- UNSATURATED FAT: 1g
- CHOLESTEROL: 0mg
- SODIUM: 26mg
- CARBOHYDRATES: 3g
- FIBER: 0g
- SUGAR: 1g
- PROTEIN: 0g

Category

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